

STUDENT NAME: \_\_\_\_\_

P.E. TERM: \_\_\_\_\_

DATE: \_\_\_\_\_

**Directions: THIS IS YOUR LAST TEST STUDY GUIDE FOR P.E. CLASS. PLEASE STUDY! THIS TEST WILL BE DIFFICULT TO PASS IF YOU DO NOT STUDY! GOOD LUCK & ASK IF YOU HAVE ANY QUESTIONS!**

List **your** P.E. student number. This is the number you use to locate your grade in P.E. class. [THIS ANSWER IS NOT IN THE "WORD BANK"]

1. List 5 out of 8 dance moves that we did in our Hip-Hop Fitness Dance Unit... "Get Silly" [THIS ANSWER IS NOT IN THE "WORD BANK"]
2. Why do you warm-up playing games first – then stretch? Please explain. [THIS ANSWER IS NOT IN THE "WORD BANK"]
3. Name 1 muscle in your arm that will help push things or objects AWAY from your body? Some examples of how that muscle works are; **opening a door, pushing someone away from you, or possibly throwing an object away from you body.** [HINT: It is not your Deltoid - THIS ANSWER IS NOT IN THE "WORD BANK"]
4. When we played scooter games... list 2 muscles that you used. **Explain how you used those muscles?** [THIS ANSWER IS NOT IN THE "WORD BANK"]
5. When the whistle is blown once -- it means to? [THIS ANSWER IS NOT IN THE "WORD BANK"]
6. When we finished our timed run... why did Mr. Malik have you walk around the basketball court once? Explain your answer. HINT it is not for exercise! [THIS ANSWER IS NOT IN THE "WORD BANK"]
7. List 2 muscles that enable you to kick a soccer ball. [THIS ANSWER IS NOT IN THE "WORD BANK"]
8. When folding your arm across your pectorals major muscle what are you stretching? [THIS ANSWER IS NOT IN THE "WORD BANK"]
9. When laying in the hurdler position on your gluteus maximus what muscle are you stretching? HINT: It

is not any of the 3 vastus muscles! [THIS ANSWER IS NOT IN THE "WORD BANK"]

10. List 2 muscles that enable you to throw a baseball. [THIS ANSWER IS NOT IN THE "WORD BANK"]
  11. Name at least 1 muscle that is located in your back. [THIS ANSWER IS NOT IN THE "WORD BANK"] *Extra Credit will be given if you can name both muscles!*
  12. Name at least 1 muscle that is located in your lower leg? [THIS ANSWER IS NOT IN THE "WORD BANK"] *Extra Credit will be given if you can name 3 muscles!*
  13. Name the game that was played with a String, A Plastic Bottle Filled With Liquid, & Students? [THIS ANSWER IS NOT IN THE "WORD BANK"]
  14. What is the game that is played in silence? [THIS ANSWER IS NOT IN THE "WORD BANK"]
  15. In your own words do you believe that P.E. class IS NOT important, IS important, or P.E. class DOES NOT MATTER? Explain your answer. [THIS ANSWER IS NOT IN THE "WORD BANK"]
- *8 Extra Points will be given for all names spelled correctly... ON THE BACK OF THIS SHEET LIST & SPELL ALL YOUR CLASSMATE'S NAMES [Spelling Counts]*